






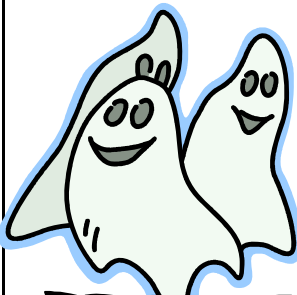
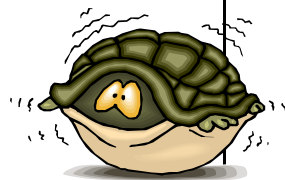


Mon	Tue	Wed	Thu	Fri
<b>3</b> 10:30 Dancing, lunch room <b>11:45 Lunch Menu</b> Teriyaki Chicken Brown Rice Sautéed Asparagus Black Bean Soup Mandarin Oranges 1:00 Big Bingo 	<b>4</b> <b>11:45 Lunch Menu</b> Beef Enchilada Seasonal Vegetables Roasted Red Potatoes Cantaloupe 1:00 Movie: Black Swan 4:00 Wii Bowling	<b>5</b> 7:30 Black Oak Casino 10:30 Line Dancing, lunch room <b>11:45 Lunch Menu</b> Linguine with Tuna, Peas, & Bell Peppers Spinach Salad Banana & Oatmeal Cookie 12:45 Bingo, lunch room 2:30 Workshop: Growing Gardens 5:30 Movie: Black Swan	<b>6</b> 8:30 Notary Service Appointments 10:00 VTA Transit Photos 10:30 Bookmobile <b>11:45 Lunch Menu</b> Garlic Chicken Brown Rice Baked Sesame Parmesan Zucchini Potato Salad Watermelon 1:30 SALA Appointments	<b>7</b> 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv <b>11:45 Lunch Menu</b> Glazed Baked Hawaiian Ham Whole Grain Roll Sautéed Broccoli & Corn Fresh Fruit 1:00 Movie: Black Swan
<b>10</b> 8:30 HICAP 10:30 Dancing, lunch room <b>11:45 Lunch Menu</b> Beef Stuffed Bell Pepper Brown Rice Spring Blend Vegetables Fruit Sugar Free Gelatin 2:00 Hearing Screening 	<b>11</b> 9:15 Eyeglass Repair 10:30 Book Club - "Wait Till Next Year" <b>11:45 Lunch Menu</b> Chicken Cacciatore Pasta Squash Watermelon 1:00 Movie: Easy A 4:00 Wii Bowling	<b>12</b> 10:30 Line Dancing, lunch room <b>11:45 Lunch Menu</b> Beef Stroganoff Egg Noodles Whole Grain Roll Chilled Broccoli Salad Grapes 12:45 Bingo, lunch room 5:30 Movie: Easy A 	<b>13</b> 10:30 Bookmobile <b>11:45 Lunch Menu</b> Salmon Stuffed Boats Couscous Swiss Chard Baked Tomato Peaches 1:00 Workshop: Sudoku	<b>14</b> 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv  <b>11:45 Lunch Menu</b> Oven Roasted Chicken Mushroom Gravy Brown Rice California Blend Veggies Fresh Fruit Celebrate October Birthdays w/ Birthday Cake  1:00 Movie: Easy A
<b>17</b> 10:30 Dancing, lunch room <b>11:45 Lunch Menu</b> Chicken Cordon Bleu Whole Wheat Noodles Green Beans Provincial Garden Salad w/Veggies Mandarin Oranges 2:00 Newcomers' Group	<b>18</b> 11:00 CSA Information + Referral <b>11:45 Lunch Menu</b> Beef Stew Whole Grain Bread Garden Salad Sugar Free Gelatin with Tropical Fruit 1:00 Movie: Burlesque 4:00 Wii Bowling	<b>19</b> 10:00 Podiatry Screening 10:30 Line Dancing, lunch room <b>11:45 Lunch Menu</b> Baked Fish w/ Seasonings Brown Rice Seasoned Broccoli & Sweet Potatoes Fresh Fruit 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting 2:30 Computer Workshop: Digital Photos 5:30 Movie: Burlesque	<b>20</b> 10:30 Bookmobile <b>11:45 Lunch Menu</b> Chicken Asparagus Pecan Pasta Caesar Salad Cantaloupe  1:00 SALA Appointments 1:00 Workshop: Fair Housing	<b>21</b> 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv <b>11:45 Lunch Menu</b> Chinese Pepper Steak Fried Brown Rice Brussels Sprouts Asian Vegetables Cottage Cheese w/Fruit 1:00 Movie: Burlesque

Mon	Tue	Wed	Thu	Fri
24 10:30 Dancing, lunch room 11:45 Lunch Menu Boneless Pork Chop Vegan Split Pea Soup Wheat Roll Garden Salad Tropical Fruit Cup	25 9:15 Eyeglass Repair 11:45 Lunch Menu Egg Frittata Muffin & Laguna Blend Veggies Salad w/ Red Cabbage, Toma- toes and Carrots Blueberries  1:00 HICAP 1:00 Movie: Just Go With It 4:00 Wii Bowling	26 10:30 Line Dancing, lunch room 11:45 Lunch Menu B. B. Q. Chicken Whole Wheat Pasta Salad w/ Veggies Apple Vanilla Ice Cream 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: Just Go With It	27 10:30 Bookmobile 11:45 Lunch Menu Mediterranean Fish Brown Rice Pilaf Broccoli Salad Peaches	28 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Vegetable Lasagna Chicken Noodle Soup Garlic Bread Banana  1:00 Movie: Just Go With It
31 10:30 Dancing, lunch room 11:45 Lunch Menu Breaded Cod Spanish Rice & Black Beans Broccoli & Cauliflower Fresh Fruit   <b>HAPPY HALLOWEEN!</b>	 <b>DON'T FORGET TO DRESS UP IN YOUR EERIEST ENSEMBLES!</b>			

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium